***Gordon Tech College Prep***

**Introduction to Physical Education**

Teacher: Mr. Wieda Class Time: 9:20a – 10:50a Room: Gymnasium / Rm. 806 RSS: 9:55a – 11:15a Phone: (773) 539-5066 Email: [mwieda@gordontech.org](mailto:mwieda@gordontech.org) Office Hours: 7:00a – 9:00a

**Course Description**

The Introduction to Physical Education course introduces the students to the realm of high school physical education through student-centered instruction and experiences. The course covers a wide range of material pertaining to both common and uncommon team sports and lifetime sports. This course also requires students to participate in group work, to participate in team building exercises, and engage in interdisciplinary subject areas such as mathematics and science. The students will be able to develop skills both physically and cognitively pertaining to the sports covered as well as develop an understanding of the importance for cardiovascular activity throughout the course. The information shared throughout this course will allow the student to be more knowledgeable in the sports arena and better select physical activities that fit their participation needs.

**Rationale**

Society contains a very high number of United States citizens who are either obese or overweight. One of the most important factors related to this devastating increase is due to the lack of physical activity amongst individuals. At times, students may even grow bored during physical education class reducing their motivation to be active. Therefore, the Gordon Tech program is proud to cover a variety of team sports and physical activities for students to choose from while the teachers deliver the material in an enthusiastic and interesting manner. It has been a long time study in the physical education arena that physical activity stimulates the brain and allows it to work more efficiently. Not only are students physically active and winning the battle against obesity but they are also providing themselves with an opportunity to excel in their academics as well.

**National and State Standards**

Each lesson and/or activity that is implemented within the Gordon Tech High School physical education program meets the needs of the students as well as the needs of the national and state administrations. Listed below are the national standards along with the state standards that are met through the course work experienced within the GTHS physical education program.

*NASPE Standards*

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction**.**

*Illinois State Standards*

Illinois State Goal 19 – Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

Illinois State Goal 20 - Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

Illinois State Goal 21 - Develop team-building skills by working with others through physical activity.

Illinois State Goal 22 - Understand principles of health promotion and the prevention and treatment of illness and injury.

Illinois State Goal 23 - Understand human body systems and factors that influence growth and development.

**Attendance**

Students who do not show up to class and their absence has not been reported by telephone will be marked UNEXCUSED and they will lose all of their participation/promptness points for the day. The points may be given back to the student if the absence is verified by telephone and a note from the parent/guardian is submitted. Students will not be admitted into class without an Absence Admit Form. If a student is truant and/or earns an unexcused absence on a test day will NOT be allowed to make it up as stated in the student handbook under the attendance policy.

Students who are tardy to class must get a tardy admit form and the student will serve an after school suspension at the end of school on that day as stated in the student handbook under the attendance policy.

**Lockers**

Students will be assigned a locker in the locker room by their coaches/teachers. If there is a problem regarding a student’s athletic or P.E. locker they are to address the issue with the school Athletic Director. All students must have a combination lock for their athletic or P.E. locker. At the beginning of each term, the students will share their combination with their P.E. teacher and NO ONE ELSE in the case of an emergency.

**Course Outline**

**Week 1** – Flag Football / Term Pre-Assessment **Week 2** – Basketball **Week 3 –** Racquet Sports (Tennis/Badminton) **Week 4 –** Volleyball **Week 5** – Mid-term Assessment (FB, BB, Ten, Bad, VB) / Soccer

**Week 6** – Floor Hockey **Week 7 –** Ultimate Frisbee / Flickerball **Week 8 –** Softball / Wiffle Ball **Week 9** – Final Assessment / Handball (FH, UF/Flick, SB, HB)

**Grading**

The students’ grades will be based off of promptness to class, preparation for class, participation/effort, and their abilities to exhibit appropriate behavior during class. This will account for 70% of the students’ overall grades. For promptness and preparation, students will have an opportunity to earn **5 points per day**. Points will be deducted if students fail to show up to class on time (5 minutes after class is scheduled to begin), fail to wear the appropriate physical education attire to class, and/or refuse to wear any physical education attire at all.

Students will have an opportunity to earn a maximum of **15** **points per day** based on their participation/effort during class activities and their abilities to exhibit appropriate behavior during class activities. Points will be deducted if students fail to participate during class, display a lack of effort during class activities, fail to show respect to the teacher while instructions are being given, fail to show respect to fellow students during learning activities, and if the students choose to behave in an inappropriate demeanor that hinders the learning environment. If misbehaviors become frequent, additional consequences will be implemented as noted on page 17 in the school handbook.

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|  | **Target**  **(4-5)** | **Satisfactory**  **(3)** | **Needs Improvement**  **(1-2)** |
| **Sportsmanship** | Encourages others,  Takes turns, shares, no put-downs | Takes turns,  Takes care of self,  Usually positive | Required frequent interventions, demeans others, selfish, often not positive |
| **Participation/Effort/**  **Promptness** | Participates in every class, always on task, constantly pushes self, prepared for class | Steady participation,  On task, usually pushes self | Not yet working, passive participation, sometimes on task, seldom pushes self. |
| **Behavior** | Participates actively in class, follows directions, and promotes a healthy learning environment. | Participates actively on occasion, follow directions most of the time, does not distract peers | Rarely participates, rarely follows directions, distracts students from learning the material covered in class. |

The students will be pre-assessed at the beginning of the term based on their current content knowledge and physical abilities pertaining to the material that will be covered throughout the term. NOTE: This score will not hinder the students overall grade in the classroom. A mid-term assessment as well as a final assessment at the end of the term will be administered in order to track the students’ overall progress in the course. The mid-term assessment and final assessment will EACH be worth **15%** of the students’ overall grade for the course.

A = 100% - 93% C = 84% - 77% F = 69% - 0%

B = 92% - 85% D = 76% - 70%

Students with permission from the assistant principal due to medical emergency may receive an INCOMPLETE for the course. Students who drop or are removed from a class after five class days will receive a WITHDREW FAILING grade.

**Conceptual Framework**

All activities implemented by the GTHS physical education program are guided that we prepare all of our students for success in their lives as they prepare for college. We base our program off of five moral characteristics that we feel are vital to students becoming successful members of society. Our students learn the importance of being prepared, showing respect, participating, being prompt, and being responsible. These five characteristics are labeled as our “Life Rules”. These life rules set the foundation for our program and successfully compliment the faith, respect, discipline, and excellence values of Gordon Tech College Prep.

**Cellphones and Electronic Devices**

Please adhere to page 12 in the school handbook in regards to the cellphone and electronic devices policy.

**Teacher Contact**

Feel free to contact the teacher by phone or email with any questions, comments, or concerns that you may have pertaining to your student and his/her progress in the classroom. If you need to contact an additional faculty member feel free to address the school directory that can be found on the school website, [www.gordontech.org](http://www.gordontech.org) .